

What helps my parent

Ask what works for your parent. Note the help they want and the choices they want to keep.

Parent’s name

Date checked

Things they want to do on their own

Help they want from us

Ways to make talking and listening easier

A usual day: meals, rest, people, and things they enjoy

What helps when they feel upset or rushed

Use your parent’s own words when you can. Keep their choices at the center of the plan.